

2017 5-ASIDE RULES

1. AIMS AND OBJECTIVES:-

To play in a fun Spring/Summer NON COMPETITIVE small sided game & field Competition. The emphasis is on enjoyment and participation.

2. ENTERING TEAMS AND REGISTERING IN DIVISIONS:-

Div 1 Teams, which are ONLY Women PLAYERS it is advisable that players who have played hockey for at least 3 years or more play in this division, anyone under that should play div 2, Although we will allow you to play in Div 1 with your friends if you so wish to do so at your own risk !

Div 2 teams – players who have played for less than two years are advised to play in this division. We will allow two players ONLY who are experienced women's Hockey players to register and play in a Division 2 Team if they so wish to do so. (NO MEN IN DIV 2)(Boys under 16 can also play this division).

MIXED Teams, which Consist of **TWO MALES ONLY** on the field at any one time, remainder made up of female players it is advisable that players who have played hockey for at least 5 years or more play in this division, anyone under that should play div 1 or two women's.

If teams are short on the night we will allow you to play across divisions to help out but not down divisions.

Mixed teams (seniors) - If entering teams in mixed division ONLY 2 MALES are allowed to take the field at any one time. Male players must be 15 or older.

Minkey 5-8years - 5 players per team– No Restrictions on how many boys or girls can take the field, just keep teams in similar groups and standards. If your team only has Less than 5 it doesn't matter.

2. Coaches for the first month we will allow coaches to stay on the field behind the Minkey players while they are learning the game. **PLEASE NO PARENTS, SIBLINGS OR SPECTATORS ARE ALLOWED IN THE PLAYING FIELD AREAS AT ANY TIME.** No coaches are allowed to stand in either of the teams circle during a game.

PLEASE MAKE SURE THE GATE TO THE FIELDS ARE ALWAYS SHUT WHILE PLAY IS IN PROGRESS

Primary 9 – 12.

5 a side – we WILL allow more than TWO Males to take the field at any one time; we want to encourage participation of players.

3. HOW TO REGISTER

All Teams must have a team Delegate or Manager to enter.

This Delegate/Manager will be the sole contact for all players in this team and must make sure all players have paid their fees, and all contact details of each player are on this sheet. They will also be the contact between the Competition organiser and their team. So if there are any issues or problems or game cancellations The Competition organiser can pass on any important information

Registration Form -You must fill out a Team registration form fully, and pay all registration fees within first two weeks of Competition. If you have a new player who has not played in the winter they will need to fill out an extra form that needs to go to NSW HOCKEY to be able to play and pay an extra few dollars(varies depending on age see comp organiser for details) for insurance purposes.

Registration Fees

Children Playing In ANY Team = \$95 EACH

Senior Players = \$115 EACH.

Players whom haven't played WINTER 2017 Hockey are not covered by NSW Hockey insurance. My suggestion is you use your own medical cover as the extra coverage costs between \$25 -\$60 to pay, we rarely get bad injuries, we have first aid there if required, generally a few bruises and scratches.

PAYMENT METHODS:

THERE ARE 3 TYPES OF PAYMENT METHODS

PAY BY CASH DIRECT to Competition Organiser – Cathy Clark or ground Supervisor on night of Competitions. Make sure you collect a receipt

CHEQUE TO BE MADE OUT TO:

World Masters Games – Hockey

(Write players name and team name on back of cheque and division age group at all times)

DIRECT DEPOSIT

Acct Name: World Masters Games - Hockey

BSB No : 633 000

Acct No : 137996096

Write in description players Name and team Name if possible and send copy of receipt to Competition Organiser, so we know you have paid.

All delegates are responsible for making sure all players have paid their fees, and keep a check of this please.

You can email Competition director with any questions or post your forms to

Spring 5 a side Hockey

clark@stedmunds.nsw.edu.au

c/- Cathy Clark

29a Curl Curl Parade

Curl Curl NSW 2096

4. RULES OF FIVE A SIDE

The Game:-

Is a game played on modified size hockey/Soccer field. The aim of the game is to score the most goals and have fun most importantly.

5.1 NUMBER OF PLAYERS.

The game is played by two teams of 5-8 players, with no more than 5 players from each team being on the field at any one time. No goalie is needed in 5 a side Hockey. A Minimum of 3 players is required for a game to commence.

5.2 DURATION OF GAME.

**Between 30 – 40 minutes each game.

SIZE / TYPE OF BALL.

A bright coloured ball must be used in match play, or a Minkey hockey ball. Balls will be provided each night and must be returned at end of each game to Umpire or your field.

BASIC PLAY

Players are permitted to push the ball only. A back swing is not permitted and the stick should not follow through above knee height.

The ball may be raised slightly below knee height and as long as it is not dangerous and into a player (all existing official hockey rules apply for raised balls).

Players are permitted to use a controlled slap hit (with hand lower on the stick). Any stick raised above knee-height is deemed dangerous play and a penalty push should be awarded to the other team.

THERE ARE TO BE NO TOMAHAWK HITS IN THIS SMALL SIDED GAME, NO HITTING WHAT SO EVER

6. LAWS AND MODIFICATIONS.

Teams listed first on the draw will have first hit off for the start of play.

The game starts with a push from the centre spot by the attacking team. After a goal has been scored the game is restarted from the centre spot by the team against which the goal was scored.

Seniors & High School grades for safety we advise that within the SHOOTING AREA there should only be 2 defenders and/ 2 attackers. A goal may ONLY be scored from anywhere within the opposing teams SHOOTING LINE. This line is determined by a straight imaginary line which is in line with a black dot about 7 metres directly in front of the goal posts on all fields.

In Minkey's and 9 – 12's Hockey the players will be able to shoot from anywhere within the semi circle of a small sided field, and can have more than two defenders and two attackers in the semi circle at any one time.

7. SCORING A GOAL

A goal is scored when the ball passes wholly over the opponents' goal line between the goal posts after having been pushed or deflected (not raised or played in a dangerous manner) by an attacking player within the goal circle. The team scoring the most goals is the winner of the game.

8.0 PLAYERS ARE NOT PERMITTED TO:-

8.1 Hit the ball or use the rounded side of the stick.

8.2 Play the ball with their hands or feet.

8.3 Flick, raise or deflect the ball in a dangerous manner off the ground.

8.4 Criticise or ridicule another player or umpire.

8.5 Obstruct an opponent from playing the ball by moving any part of her body in between the opponent and the ball.

8.6 Dive or lie on the ground to block or stop play from progressing or stopping a goal.

8.7 Use the stick to obstruct an opponent reaching the ball or moving about the field.

8.8 Rough and dangerous play is not permitted and body contact must be avoided.

8.9 A penalty push may be awarded to the opponents for any breach of the rules.

9.0 At the time that the penalty push is taken no other players may be within 3 metres of the ball.

9.1 For any breach by a defender in the defensive circle the attacking team will be awarded a penalty push at the point where the breach occurred. Always 3 metres from goal circle.

9.2 There is no awarding of penalty strokes or corners in 5 a side. Any breaches are to be taken 3 metres from outside the circle or from the sideline opposite where breach occurs.

9.3 When the ball is played over the sideline the opposing team will be awarded a penalty push at the point where the ball crossed the line.

9.4 If the ball crosses the backline whether it is touched by an attacker or defender, the ball is given to the defending team for a push at the top of the circle opposite where the ball crossed the backline.

9.5 A penalty push is awarded when the ball hits the feet of an opponent resulting in the attacking team being disadvantaged or the defending team gaining an advantage.

9.6 Rolling substitutions are allowed. Please apply discretion when replacing a player on the field. If you have more than the required amount of players on the field at any one time, a penalty will be awarded to the non-offending team where breach occurred.

9.7 Hacking (i.e. hitting another person's stick) is not allowed. A penalty push is awarded to the team in first possession of the ball.

9.8 Tackling from behind or obstructing an attacker from behind is also not allowed in 5 a side. A penalty push is awarded to the team in possession of the ball.

9.9**if you have given away a free push, you must retire 3 metres away from the area for play to continue.

Don't interfere with the player taking the free push at any time!!!!

10. Equipment/Uniforms

10.1 It is advised...

Mouthguards and shin pads are compulsory for every player. Written notification must be given for exemption.

10.2 Uniforms, please make sure all you players have the same colour shirts and socks each week, please bring a different colour pair of socks in your bag just in case it clashes with other teams. Please notify organisers of team colours and sock colours when entering your team.

10.3 Shoes, please wear proper hockey shoes, or grass sole shoes, no soccer or football boots allowed, no screw in studs either.

11. Safety

11.1 Prevention

Umpires must insist on all safety equipment being used. Without shin pads or mouth guards players are not allowed to take the field unless otherwise notified.

11.2 General – No one is allowed inside the playing field unless you are a player or a coach. All Spectators are to remain outside the fenced areas at all times

11.3 Players are to be instructed to wear sports shoes or other appropriate footwear no studs allowed.

11.4 No jewellery may be worn.

*** Mouth guards and shin pads are compulsory for every player unless otherwise notified by an adult in writing.

Umpires and team managers must insist on all safety equipment being used. First-aid kit and ice for the treatment of injuries will be provided.

12. INJURIES

Refer to General Safety Policy for treatment of injuries.

12.1 Bleeding – You must leave the field and get attended to by Competition Convenor.

Refer to General Safety Policy for Blood Policy Procedures.

12.2 PLEASE REPORT INJURY ON THE DAY – MUST BE WRITTEN IN INJURY BOOK all injuries and claims must be done within 30 days of Injury if serious enough, we do recommend that all players take out Private medical insurance when playing any sport. We do have the insurance number to ring to report an injury.

- NB this is a guide and we need to apply these rules to normal rules of hockey with discretion. We have put them together to try to enable the game to continue without too many stoppages. All Officials will need to explain the rules to both teams when the whistle is blown.

- However, unsafe practices and bad behaviour and back chat should be pulled up immediately.

Remember, this is a **NON-COMPETITIVE** Competition, so no prizes for finishing 1st

At the end of the season, all junior players will receive a little prize, plus pizza on last day, and all the seniors will have pizza and a couple of drinks supplied by the Competition Organisers.

Enjoy!!!!